

Rockville's Caregiving Agencies



Slow Economy Increases Demand Which Increases Need



Manna Food Center in Rockville is seeing a 40 percent increase in need for services this year.

More Families Seek Help from Caregiver Agencies in Tight Economy

The nation's economy has become a major focus in some way for most residents. And for many, that focus has shifted well beyond the ups and downs of the stock market to the ups and downs of their own day-to-day lives.

Manna Food Center, a Rockville nonprofit agency that has been distributing food to families for 25 years, is currently experiencing a 40 percent increase in the number of families turning to Manna for help.

"It's a lot of families who were making it a year ago," said Amy Gabala, executive director at Manna Food Center. "All it took was prices to go up and maybe they lost a couple hours at work, and boom here they are at Manna."

Gabala said that the nonprofit has received the same amount of donations as it had been receiving last year, but with the increased demand there is increased need.

"While it's hard on everybody, for the people in need they're really feeling it," Gabala said. "For many of us it means we don't get to go to Starbucks every morning; for others it means they don't get to put dinner on the table."

“While it is hard on everybody, for the people in need they’re really feeling it.”

— Amy Gabala, Executive Director,
Manna Food Center

Manna Food Center is not the only nonprofit agency seeing an increase in the number of families who need help. Many caregiver groups say tight economic times are creating a strain on families and forcing many to seek help from their agencies.

"In the [Rockville] Emergency Assistance Program we've had some increase in people asking for utility assistance and more people having to ask for foreclosure assistance, that is more help

then we can give," said Agnes Saenz, executive director of Community Ministries of Rockville.

Since its inception in 1967, Community Ministries of Rockville has served more than 25,000 people in need, spent more than \$19 million in client services, referred

nearly 18,000 clients to other services and provided more than 381,000 nights in beds to the homeless.

Saenz said it's too early to determine how the economy will affect holiday donations.

"I know people are watching their budgets more, but in time of need people are generally generous in helping people in need," she said. ■



The Boy Scouts host a Scouting for Food Drive for the Manna Food Center.

Rockville Commission Balances Needs of All Residents

The Human Services Advisory Commission has outlined three focus areas for the coming year that it hopes will benefit all Rockville residents.

The commission wants to promote more awareness about the needs of adolescents and the programs available to them; look at the variety of employment in Rockville; and improve access to the various programs and services available in the City, making sure people know all that is available to them.

The Human Service Advisory Commission, formed in 1997, is responsible for assisting the Mayor and Council in deciding appropriate City roles and priorities concerning human services, as well as participating in the oversight and evaluation to ensure accountability and cost-effectiveness of City and

outside providers of human services.

"We want to make sure the needs are adequately met, but that taxpayers know the money is being spent effectively," said Sarah Duffy, commission chairwoman.

The commission is made up of 11 members, some representing caregiver agencies, others representing consumers of the services and Rockville residents. Commission members go on caregiver site visits to learn more about organizations and to get a first-hand look at the services being provided.

"I think the main thing that [the commission] has done... right now it's really a voice for people who may not have a voice," Duffy said. "As we consider tax cuts, we want to be prudent, but not cut really important services." ■

Human Services Advisory Commission

Shari Cohen, At-large Representative

Kimberly A. Dawkins, Consumer Representative

Sarah Duffy, Chairwoman, At-large Representative

Cynthia Cotte Griffiths, At-large Representative

Robert Dorsey, Caregiver Representative

David L'Heureux, Consumer Representative

Sarah Mahin, Caregiver Representative

Agnes Saenz, Caregiver Representative

Tim Stranges, At-large Representative

Eric Wang, At-large Representative

Mary Lou Jacobs, Community Services Staff Liaison

The group, which has one opening, generally meets at 7 p.m. the second Tuesday of each month at City Hall, 111 Maryland Ave.

The next meeting is scheduled for Dec. 9.

How You Can Help Make a Difference

With the Thanksgiving holiday just days away and the December holidays fast approaching, Rockville's annual Holiday Drive is well under way.

For more than 30 years, Rockville has operated the drive to distribute food and toys to families who need help. Last year, Rockville provided Thanksgiving food baskets to 575 families and holiday gift certificates to 1,084 children.

This year, Rockville anticipates helping 700 families with food and toy donations.

Toy donations will be accepted Dec. 10-19. For babies and toddlers, suggested donations include musical toys, board books, soft toys (multi-cultural), rattles and teethers and shape sorters. For preschool and school children, suggested donations include action figures, coloring books, sports gear, art kits and supplies and dolls. For adolescents, gift cards are suggested. Monetary donations are also accepted.

Checks can be made payable to City of Rockville Holiday Drive Fund and mailed to City of Rockville Community Services, 30 Courthouse Square, Suite 100, Rockville, MD 20850.

For questions about the program, how you can help or to have donations picked up, call 240-314-8310. ■

Ideas on How You Can Help

- **Donate gift certificates:** A \$15 gift card to stores such as Target, Sports Authority, Old Navy, Giant and Safeway
- **Sponsor a family:** Donate food and gifts for a specific family (an approximately \$250 donation).
- **Donate new toys:** Toys for children ages 12 and under are needed for the December holidays. Toy donations will be accepted Dec. 10-19.

Community Services in Rockville

Great Places to Donate Your Time, Talent, Money – and Keep it Local!

While the City of Rockville publishes its Caregivers insert each December during the holiday season, the following nonprofit groups work to help City residents throughout the year, and often need donations each month.

Housing

Chase Partnership House

- A program of Community Ministries of Rockville
- A 36-bed shelter for homeless men who are recovering from drug and alcohol abuse and who may have a chronic mental illness.
- Residents receive case management and participate in 12-step meetings, as well as life skill, discussion and relapse prevention groups.
- Accepts donations of paper products, such as toilet paper, napkins, paper towels.

Dorothy Day Place

- A program of Catholic Charities of the Archdiocese of Washington.
- Transitional housing for single unaccompanied homeless women. Women five in the shelter come from abusive situations have been evicted, can no longer live with relatives and may have substance abuse or mental health issues.
- Provides two meals per day, shower, laundry and case managers.
- Accepts donations of toiletries, towels, sheets and sometimes small appliances to give to ladies when moving out.

Helping Hands Center

- A program of Mount Calvary Baptist Church
- Provides emergency shelter to 140 women and children 24 hours a day all year.
- Provides case management, three meals per day, private bedrooms, laundry facilities, workshops money management, parenting, and job preparation and search.
- Accepts donations of toiletries, paper products, towels and blankets and money.



Hope Housing helps formerly homeless adults.

- adults in a group home setting.
- Provides oversight and support as residents work towards self-sufficiency.
- Accepts donations of gift cards in \$15 denominations, hats, gloves, socks, bath towels, toothpaste and pocket calendars.

Jefferson House

- A program of Interfaith Works.
- Two group homes provide safe housing for up to 10 elderly disabled women who had been chronically homeless.
- Accepts donations of gift cards in \$15 denominations, hats, gloves, socks, bath towels, toothpaste and pocket calendars.

Basic Services



Volunteers sort clothing at the Interfaith Center.

Men's Emergency Shelter

- A program of the Montgomery County Coalition for the Homeless.
- Provides year-round, overnight shelter for men experiencing homelessness. Served 948 men last year and moved 106 men to permanent housing.
- Provides case management services, bathroom and shower facilities, donated clothing and toiletries, laundry facilities and three meals per day.
- Accepts donations of clothing and toiletries.

Montgomery Avenue Women's Center

- A daytime program for homeless women.
- Provides case management services, substance abuse counseling, life skills counseling and psychiatric services.
- Accepts donations of money, food, toiletries and clothing. Bring food to the shelter.

Rainbow Place

- A program of the Rockville Presbyterian Church.
- Provides a warm, safe and caring environment for homeless women. Serves as a cold weather emergency shelter to adult women age 18 and over.
- Accepts donations of warm nightgowns and pajamas, sweatpants, new underwear, socks, bedroom slippers, shower shoes or flip flops, winter boots, hats and gloves, individual size toiletries, hair brushes and umbrellas.

Sophia House

- A program of Interfaith Works.
- A 20-bed short-term emergency shelter that each year serves more than 150 homeless women who struggle with issues related to mental illness, substance abuse, trauma and long-term disabilities.
- Provides clinical assessment, helps women find housing, as well as medical, mental health and social services that enable them to become self-sufficient.
- Accepts donations of gift cards in \$15 denominations, hats, gloves, socks, bath towels, toothpaste and pocket calendars.

Stepping Stones Shelter

- Providing service to homeless families for more than 20 years.
- Offices homeless shelter, in an atmosphere of dignity and respect.

Horizon House

- A program of Interfaith Works.
- Five homes provide permanent supported living for 25 formerly homeless disabled



Manna provides non-perishable food to families.

Manna Food Center, Inc.

- Feeds 3,100 hungry Montgomery County families each month, as well as 600 hungry elementary school children each week.
- Provide each household with a box of staples and perishables to feed a family for three to four days.
- Accepts food and money donations.

Top Banana Home Delivered Groceries, Inc.

- Provides home-delivered grocery services with personalized extra help to people with limited mobility and strength, especially the elderly and disabled.
- Staff and volunteers receive orders by phone, deliver groceries and unpack them when necessary.
- Accepts monetary donations. Every \$10 donation allows for one delivery service.

Friends in Action

- A program of Interfaith Works.
- Bilingual program that recruits, trains and supports teams of volunteer mentors who commit to working with low-income families for at least one year.
- Helps the family identify their strengths ...Continued on back page

Getting in Touch with Rockville Caregiving Agencies

CHASE PARTNERSHIP HOUSE

Address: 1010 Grandin Ave., Suite A1, Rockville, MD 20851
Contact: James Booker
Phone: 301-424-1380
Web: www.cmrocks.org/Chase_Partnership_House.html

DOROTHY DAY PLACE

Contact: Uwana Collins
Phone: 301-762-6314
Web: [uwana.collins@CatholicCharitiesDC.org](http://www.catholiccharities.org/E-Mail: uwana.collins@CatholicCharitiesDC.org)

HELPING HANDS CENTER

Address: 622 North Horners Lane, Rockville, MD 20850
Contact: Ann L. Chapman or Tammy Holland
Phone: 301-340-2796
E-mail: helpinghandsctr@aol.com

HOPE HOUSING

Address: 1010 Grandin Ave., Suite A1, Rockville, MD 20851
Contact: Daniel Flowers
Phone: 301-738-7802
Web: www.cmrocks.org/Hope_Housing.html

HORIZON HOUSE

Address: 114 W. Montgomery Ave., Rockville, MD 20850
Contact: Priscilla Fox-Morrill
Phone: 301-770-2413
Web: www.worksmc.org/p-housing.html

Stepping Stones Shelter

Providing service to homeless families for more than 20 years.

Horizon House

Offices homeless shelter, in an atmosphere of dignity and respect.

JEFFERSON HOUSE

Address: 1010 Grandin Avenue, Suite A1, Rockville, MD 20851
Contact: Daniel Flowers
Phone: 301-738-7802
Web: www.cmrocks.org/Jefferson_House.html

MEN'S EMERGENCY SHELTER

Address: 600-B E. Gude Drive
Contact: Sharon London
Phone: 301-217-0314
Web: www.mchcn.net/programs/mes.html

MONTGOMERY AVENUE WOMEN'S CENTER

Address: 112 W. Montgomery Ave., Rockville, MD 20850
Phone: 301-984-0901 or 301-984-7765

RAINBOW PLACE

Address: 215 West Montgomery Ave., Rockville, MD 20850
Contact: Andie Santa
Phone: 301-762-3363
Web: www.rainbowplace.org

SOPHIA HOUSE

Address: 114 W. Montgomery Ave., Rockville, MD 20850
Contact: Priscilla Fox-Morrill
Phone: 301-770-2413
Web: www.worksmc.org/p-homeless-services.html

STEPING STONES SHELTER

Address: P.O. Box 712, Rockville, MD 20847-0712
Contact: Roger Sparer

MANNA FOOD CENTER, INC.

Address: 614 Lofstrand Lane, Rockville, MD 20850
Contact: Amy Gabala
Phone: 301-424-1130
Web: www.mannafood.org

TOP BANANA HOME DELIVERED GROCERIES, INC.

Address: 1410 Brandywine Road, Brandywine, MD 20613
Contact: Jean Guiffre
Phone: 301-372-FOOD (3663)
Web: www.topbanana.org

FRIENDS IN ACTION

Address: 114 W. Montgomery Ave., Rockville, MD 20850
Phone: 301-251-0812
Web: www.cmrocks.org

TOP BANANA HOME DELIVERED GROCERIES, INC.

Address: 1410 Brandywine Road, Brandywine, MD 20613
Contact: Monica Orantes
Phone: 301-251-0812
Web: www.cmrocks.org

KOREAN COMMUNITY SERVICE CENTER OF GREATER WASHINGTON, INC.

Address: 847-Y Quincy Orchard Blvd., Rockville, MD 20850
Contact: Monica Barberis-Young

Servicios Comunitarios de Rockville

¡Excelentes Lugares donde Donar su Tiempo, Talento y Dinero, y que Quede en Casa!

Centro Manos que Ayudan

- Un programa de Mount Calvary Baptist Church
- Provee un refugio de emergencia para 14 mujeres y niños las 24 horas del día durante todo el año.
- Proporciona administración de casos, tres comidas al día, dormitorios privados, lavandería, talleres sobre la administración del dinero, maternidad y preparación y búsqueda de empleo.
- Acepta donaciones de artículos de tocador, productos de papel, toallas, cobertores y ropa.

Vivienda

Casa Alianza Chase

- Un programa de Community Ministries of Rockville
- Un refugio de 36 camas para hombres desamparados que se recuperan del abuso de las drogas y el alcohol y que posiblemente tienen una enfermedad mental crónica. El refugio está abierto las 24 horas al día durante todo el año.

Vivienda de la esperanza

- Un programa de Community Ministries of Rockville.
- Tres viviendas atienden a 15 hombres y mujeres discapacitados anteriormente desamparados que están egresando de programas de tratamiento.
- Proporciona servicios de administración de casas, asistencia con transporte, empleo y/o educación.
- Acepta donaciones de tarjetas de regalo de \$25 de tiendas como Target o Wal-Mart, artículos de limpieza, productos de papel como servilletas, papel de baño y toallas de papel.

Centro de asistencia Dorothy

- Un programa de Caridades Católicas de la Arquidiócesis de Washington

Vivienda provisional para mujeres

- Un programa de Interfaith Works

Centro Horizonte

- Un programa de Coalición para los Desamparados del Condado de Montgomery

Refugio para mujeres para hombres

- Un programa de Centro de la Esperanza para Hombres

Casa Jefferson

- Un programa de Community Ministries of Rockville

Casa Misionera

- Un programa de Community Ministries of Rockville

Casa Sofía

- Un programa de Interfaith Works

Centro de asistencia Dorothy irris

- Un programa de la Iglesia Presbiteriana de Rockville

Arboles entregados a domicilio Top Banana, Inc.

- Un programa de entrega de arboles en casa con ayuda adicional personalizada para personas con una movilidad y fuerza limitada, especialmente los adultos mayores y los discapacitados.

Programa de Ayuda de Emergencia de Rockville

- Un programa de Community Ministries of Rockville.

Abogados de la justicia Top Banana, Inc.

- Proporciona servicios de entrega de abogados

Refugio Camino de piedras

- Proporcionando atención a familias desamparadas por más de 20 años.

Refugio de la esperanza para mujeres y niños

- Omite alimento y refugio a hombres, mujeres y niños desamparados en un ambiente de dignidad y respeto.

Refugio de la esperanza para mujeres y niños

- Ayude a través del patrocinio de un evento de acopio, donando artículos en buen

a los hombres anteriormente desamparados que se encuentran en un programa de tratamiento o que han completado un programa de tratamiento. La casa atiende de seis a diez hombres anualmente.

Hogares de bienvenida

- Un programa de Interfaith Works
- Los viviendas grupales ofrecen alojamiento seguro para 10 ancianos discapacitados que se han quedado sin hogar sistemáticamente.

Servicios básicos

Centro de vestido Interfaith

- Un programa de Interfaith Works
- Ayudando a familias de bajos ingresos en el Condado de Montgomery por más de 20 años.
- Acepta donaciones de artículos nuevos o en buen estado para niños, mujeres y hombres como ropa, zapatos, juguetes, libros, lápices, plásticos y otros artículos y servicios.
- Acepta donaciones de tarjetas de regalo de \$25 de tiendas como Target o Wal-Mart, artículos de limpieza, productos de papel como servilletas, papel de baño y toallas de papel.

Refugio de emergencia para hombres

- Un programa de Coalición para los Desamparados del Condado de Montgomery
- Proporciona refugio nocturno durante todo el año a los hombres que están experimentando el desamparo. Atendió a 948 hombres el año pasado y trasladó a 106 hombres a viviendas permanentes.
- Proporciona servicios de administración de casas, asistencia con transporte, empleo y/o educación.
- Acepta donaciones de tarjetas de regalo de \$25 de tiendas como Target o Wal-Mart, artículos de limpieza, productos de papel como servilletas, papel de baño y toallas de papel.

Centro alimenticio Manna, Inc.

- Alimenta cada mes a 3,100 familias hambrientas del Condado de Montgomery, así como a 600 niños hambrientos de primaria cada semana.
- Proporciona servicios a cinco viviendas que proporcionan alojamiento permanente a 25 adultos discapacitados anteriormente desamparados en un entorno de vivienda grupal.
- Proporciona supervisión y apoyo mientras los residentes luchan por ser autosuficientes.
- Acepta donaciones de ropa y artículos de tocador.

Refugio para mujeres Montgomery Avenue

- Un programa diurno para las mujeres desamparadas que proporciona dos comidas al día.
- Proporciona servicios clínicos de administración de casas, asesoría en el tema de abuso de substancias, asesoría en habilidades para la vida y servicios psiquiátricos.
- Acepta donaciones de dinero, alimentos, artículos de tocador y ropa. Traer alimentos al refugio.

Centro de asistencia Arco iris

- Un programa de la Iglesia Presbiteriana de Rockville.
- Proporciona un ambiente cálido, seguro y amable para mujeres desamparadas.
- Presta sus servicios como un refugio de emergencia ante temperaturas bajas para mujeres adultas de 18 años en adelante.
- Acepta donaciones de camisones y pijamas para el invierno, sudaderas, ropa interior nueva, calcetines, pantufas, chanclas o sandalias, botas, gorros y guantes de invierno, artículos de tocador de fármaco individual, pañuelos y sombrillas.
- El personal y los voluntarios reciben órdenes por teléfono, entregan los alimentos y los sacan de su empaque cuando es necesario.

Programa de Ayuda de Emergencia de Rockville

- Un programa de Community Ministries of Rockville.
- Ayuda a personas y familias en el área de Rockville con ayuda económica de emergencia para ayudar a pagar la renta o hipoteca, facturas de servicios públicos y medicamentos prescritos.
- Acepta donaciones y necesita tarjetas de regalo de \$20 para la farmacia CVS Rockville Help (Ayuda Rockville) (también conocida como FISH – Friendly Immediate Sympathetic Help - Ayuda Amable Inmediata)
- Una organización de voluntarios que atiende a residentes de la ciudad de Rockville.

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Rockville's Community Service Agencies Continue to Grow

Community service agencies active in Rockville are constantly adapting to meet community needs.

Community Ministries of Rockville, which combines efforts of congregations to provide shelter, assist the frail elderly and house working homeless men and women, has been serving Rockville for 41 years. It recently moved to a new location at 1010 Grandin Ave., Suite A1, in Rockville.

Three other agencies, the Korean Community Service Center of Greater Washington, Inc. (KCSC), the Rockville Senior Cen-

ter and Rockville HELP have undergone changes within the past several years.

The KSCC recently outgrew its facility in Rockville and moved to 847-J Quince Orchard Blvd., Gaithersburg. Located between Clopper Road and Great Seneca Highway, the center continues to provide culturally appropriate programs in its new, easily accessible offices. Programs include information and referral services, welfare, health and immigration case management services and individual, family and marital counseling. The center also provides

translation and interpretation services and educational services including English classes, computer classes and school for students in kindergarten through 12. For directions to the new facility go to www.kcscgw.org or call 240-683-6663.

In an effort to better serve older adults in the City, the Rockville Senior Center is now offering mental health workshops, groups and individual counseling. This popular program offers on-site opportunities to speak with a social worker about family issues, adjusting to life changes and

positive aging. Hours are Tuesdays, noon-3 p.m. and Wednesdays, 10 a.m.-noon. For more information, call 240-314-8810.

Rockville HELP, previously known as Rockville FISH, changed its name in 2006 to align itself with the other "HELP" organizations in the county and better reflect its mission. The organization delivers food and provides prescription and limited financial aid for residents facing a financial emergency. For assistance from Rockville HELP or to volunteer call 301-564-0800. ■

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and develop attainable and manageable goals that guide them toward financial independence and personal well-being.

- Accepts donations of diapers, non-perishable food, grocery store gift cards and shoe store gift cards. Volunteer mentors are also needed.

Rockville Emergency Assistance Program

- A program of Community Ministries of Rockville.
- Helps individuals and families in the Greater Rockville area with emergency financial assistance to help pay rent or mortgage, utility bills and prescription medications.
- Accepts donations and needs \$20 gift cards to CVS pharmacy.

Rockville HELP (also known as FISH: Friendly Immediate Sympathetic Help)

- An all-volunteer organization serving residents of the City of Rockville.
- Provides emergency financial assistance for prescriptions, housing utilities and food.
- Accepts donations of nonperishable foods and money. Volunteers needed to answer voicemails one day a month.

Health

The Child Center and Adult Services, Inc.

- A private, nonprofit organization that provides mental health counseling to children, adults, couples and families in Montgomery County.
- A new project offers psychotherapeutic group services, workshops and brief individual counseling to members of the Rockville Senior Center.

Healthy Families Montgomery

- A program of the Family Services Agency.
- Voluntary home visiting service for first time parents, who receive case management, health education, child development and parent education/support groups. All programs are available in English and Spanish.
- Offers several donation programs.



Maintenance/repair services are available to seniors.

Elderly and Disabilities Ministries

- A program of Community Ministries of Rockville.

- Provides case management, homemaker services, assistive devices and other support services are provided to help maintain seniors in their homes.
- Offers free repair, maintenance and modifications to homes of low-income seniors and people with disabilities.
- Accepts donations of \$20 gift cards for grocery stores.

Mansfield Kaseman Health Program

- A program of Community Ministries of Rockville in partnership with Mobile Medical Care, Inc. Provides community outreach and case management to uninsured adults with medical needs.
- Services include initial diagnosis, referral, prevention, counseling, training and education. Schedules appointments for mobile clinic sites throughout Rockville.
- Services are available in English and Spanish, as well as other languages upon request. For appointments, call 301-637-0251, ext. 302.
- Accepts donations of \$20 gift cards to CVS pharmacy.

Cultural Diversity

Latino Outreach Program

- A program of Community Ministries of Rockville.
- Conducts free English classes for immigrant adults, provides free tutoring for immigrant children, conducts citizenship classes and offers GED workshops and health fairs.
- Monetary donations help provide transportation for those attending programs and pays for class instructors. Accepts donations of \$10 or \$15 gift cards at stores such as Target, Toys"R"Us and Wal-Mart.

Chinese Culture and Community Service Center Inc.

- A nonprofit and non-partisan organization founded in 1982.
- Provides services including those aimed at promoting mutual understanding, awareness and appreciation of Chinese and American culture, as well as facilitating the assimilation of Chinese Americans into the mainstream society through language and citizenship instruction.
- Offers programming in education, culture and arts, health, community, and senior services, sports, fitness and youth program.
- Monetary donations are welcome. Volunteers are also needed.

Korean Community Service Center of Greater Washington, Inc.

- Provides information and referral services, welfare, health and immigration case management services and counseling.
- Provides translation and interpretation and educational services including ESL and computer classes, civics education, five-week summer school for students K-12.
- Annual fundraising drives.

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- Provee ayuda económica de emergencia para medicamentos prescritos, servicios públicos y alimentos.
- Acepta donaciones de alimentos no perecederos y dinero. Los voluntarios necesitan responder correos de voz en la organización una vez al mes.
- Elderly and Disabilities Ministries (Ministerios para adultos mayores y discapacitados)
- Un programa de Community Ministries of Rockville
- Provee administración de casos, servicio de empleada doméstica, dispositivos de ayuda y otros servicios de apoyo que se proporcionan para ayudar a mantener a los adultos mayores en sus hogares.
- Ofrece reparaciones sin costo, mantenimiento y modificaciones a hogares de adultos mayores y personas discapacitadas de bajos recursos.
- Acepta donaciones de tarjetas de regalo de \$20 para tiendas de abarrotes.
- Juventud y familia

Amigos en acción

- Un programa de Interfaith Works
- Un programa bilingüe que recluta, capacita y apoya a equipos de voluntarios que se comprometen a trabajar con familias de bajos ingresos al menos durante un año.
- Ayudan a la familia a identificar sus fortalezas y a desarrollar metas alcanzables y razonables que los lleven a la independencia financiera y al bienestar personal.

Salud

Familias Saludables de Montgomery

- Un programa de la Agencia de Servicios de la Familia
- Servicio voluntario de visita a hogares para padres primerizos, que reciben administración del caso, educación en salud, desarrollo del niño y grupos de educación/apoyo para padres. Todos los programas están disponibles en inglés y en español.
- Ofrecen diversos programas de donación.



Uninsured adults can receive health services.

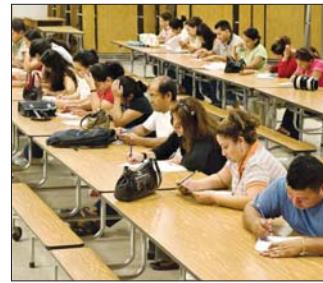
Programa de salud Mansfield Kaseman

- Un programa de Community Ministries

of Rockville en colaboración con Mobile Med.

- Provee alcance comunitario y gestión del caso para adultos sin seguro con necesidades médicas.
- Los servicios incluyen un diagnóstico inicial, remisión, prevención, asesoría, capacitación y educación. Programa citas para sitios de clínicas móviles en Rockville.
- Los servicios están disponibles en inglés y en español así como en otros idiomas si se solicita. Para citas, llame al 301-637-0251, Ext. 302.
- Acepta donaciones y necesita tarjetas de regalo de \$20 para la farmacia CVS

Diversidad Cultural



Adult classes and tutoring for children is available.

Programa de alcance latino

- Un programa de Community Ministries of Rockville.
- Lleva a cabo clases de inglés gratuitas para inmigrantes adultos, provee asesoría gratuita para niños inmigrantes, lleva a cabo clases de ciudadanía y ofrece talleres GED y ferias de salud.
- La ayuda de donaciones monetarias proporciona transporte para aquéllos que asisten a los programas y una remuneración para los instructores de las clases. Acepta donaciones de tarjetas de regalo de \$10 o \$15 para niños en tiendas como Target, Toys"R"Us y Wal-Mart.

中国文化和社区服务中心

- 成立于1982年的非盈利和无党派组织。
- 提供旨在促进中美文化的相互理解、认识和欣赏，以及通过语言和公民教育，帮助华裔美国人融入主流社会等项目的各项服务。
- 本中心提供教育、文化艺术、健康服务、社区服务、老人服务、体育健身，以及青少年项目方面的活动安排。
- 我们欢迎捐款，也需要志愿者。

문화의 다양성

워싱턴 지역의 한국인 사회 봉사 센터 (주)

- 정보와 소개 업무 서비스, 복지, 건강 및 이민 관련 케이스 처리 서비스와 상담을 제공합니다.
- 번역과 통역 서비스 및 ESL 교육, 컴퓨터 교육, 시민교육, 그리고 워치원부터 12 학년까지의 학생들을 위한 5주간의 이민학교를 포함한 교육 서비스를 제공합니다.

Programa de salud Mansfield Kaseman

- Un programa de Community Ministries